

# Pneumonia Zones for Management

<b>GREEN ZONE</b>	<b>All Clear</b> <ul style="list-style-type: none"><li>• No shortness of breath or other symptoms.</li><li>• Discuss with your provider if you need the pneumococcal vaccine. If advised, take pneumococcal vaccine for prevention.</li></ul>	<b>MEANS</b> <ul style="list-style-type: none"><li>• No symptoms.</li><li>• Keep all physician appointments.</li><li>• Limit risk factors.</li><li>• Get your flu vaccine. _____</li></ul>
<b>YELLOW ZONE</b>	<b>Caution</b> <p>Let your healthcare staff know if you have any of the following risk factors:</p> <ul style="list-style-type: none"><li>• Heart disease; lung disease including COPD/Asthma; Sickle cell disease; diabetes; alcoholism; Cirrhosis; and/or flu.</li><li>• Conditions or diseases that lower your body's resistance to infection such as: Leukemia, HIV, kidney failure, organ transplant, cancer, steroid use, and/or radiation therapy.</li><li>• If you are a smoker or consistently exposed to unhealthy air.</li><li>• Caution if new symptoms occur such as: Productive cough with yellow or green or bloody phlegm; fever; cough; headaches; vomiting; shortness of breath; ear pain; sore throat; and/or flu that does not improve.</li></ul> <p><b><i>Call your Nurse or Provider if your risk symptoms have increased into the YELLOW Zone!</i></b></p>	<b>MEANS</b> <ul style="list-style-type: none"><li>• Your risk factors may mean that you need to take the pneumococcal vaccine.</li><li>• Let your healthcare team know if you are interested in tobacco cessation resources.</li></ul> <p><b>Local VA Connect: 561- 422-6838, option 3</b> <b>Toll Free VA Connect: 1-866-383-9036, option 3</b></p>
<b>RED ZONE</b>	<b>Medical Alert</b> <ul style="list-style-type: none"><li>• Severe shortness of breath.</li><li>• Productive cough with yellow or green or bloody phlegm.</li><li>• Persistent: Cough; high fever; sharp or stabbing chest pain (worse when you breathe); excessive sweating or clammy skin; fatigue; and/or confusion.</li></ul> <p><b><i>If symptoms are severe, call 911 or have someone take you to the ER!</i></b></p>	<b>MEANS</b> <p>You may have not recognized or you may have ignored the Yellow Zone signs and symptoms listed above and now need to be evaluated by a physician right away.</p>